

The FCS 10g Fat Challenge

Eating around 10g of any fat in a day requires vigilance, a constant checking of the total fat content in the food you're eating, and the totalling of the amount of fat you've already eaten to ensure you don't go over target. Buying food with a nutritional analysis or preparing food for yourself can make this more manageable. It becomes more difficult when eating out (at a friend's or at a restaurant) when there is no nutritional analysis available. It's best to provide your own food in this situation.

The simple rule is: 'If you're not sure, don't eat it!'

Some suggestions for breakfast

One portion of breakfast cereal containing no more than 1g fat e.g. cornflakes, frosted wheat flakes, rice crispies or branflakes, served with skimmed milk and fresh berries (sweeten to taste)

Or

0% fat free yoghurt with any fresh fruit.

Fresh fruit juice, tea or coffee (with skimmed milk only).

Some suggestions for lunch

Chicken or turkey breast (skin and visible fat removed), or prawns, or fresh tuna (the dark-red cut) or tuna in spring water/brine (cooked without fat).

Fill up with lentils, noodles or rice and a mixed salad (no mayonnaise or salad dressings containing oil and check the fat content of the noodles), or potatoes and vegetables (cooked without fat). Try an oil free sweet chilli dressing, or 0% fat free natural yoghurt flavoured with mint or mango.

Or

Baked beans on toast - 2 slices of Wholemeal or white bread, dry, not buttered (check the total fat content as it varies). No seeded or artisan breads.

Or

See our 'Quick and Easy Pack Lunch' recipe in our recipe section

www.lpldalliance.org/support/quick-and-easy-pack-lunch/

And

Fresh fruit or any desert with less than 1g fat content per serving e.g. jelly.

Some suggestions for your evening meal

Chose a different combination from the choices outlined in the lunch options

Or

Paella www.lpldalliance.org/support/paella/

Or

Noodle Stir 'Fry' with ginger www.lpldalliance.org/recipe/noodle-stir-fry-with-ginger/

And

Meringue with sweetened very low-fat quark and soft berries.

Check our table of foods for more guidance and for foods you can snack on.

Thank you for helping us to raise awareness.